

AMONG FRIENDS

DECEMBER 2018



Proudly serving the Fond du Lac Community for over 50 years!
...WHERE FRIENDS MEET!



A Free Monthly Publication
Vol. 9 • No. 12

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**ALL ACTIVITIES HELD AT THE
SENIOR CENTER UNLESS NOTED.**



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone(920)322-3630

Email..... cloomans@fdl.wi.gov

Hours..... M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at our Center. Visit us online at www.fdlseiorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities.

This tour is for new members or those who have not been very active but want to find out more about our Center.



It's everywhere you go! There are commercials, supplements, and special diets. There are classes, computer games, speakers and phone apps. What am I talking about? These are all resources associated with Brain Health.



Would you believe that our brains start a natural decline around the age of 30? Yes, 30! ACK! Some of the theories say this happens because by the age of 30, many people stop challenging their brains to learn new things.

Back in January, I mentioned that throughout 2018 I was going to talk about the Pillars of Wellness. Intellectual Wellness is the last pillar to cover. What is Intellectual Wellness? It's being actively involved in activities that are mentally stimulating and/or creative. Have you heard the phrase "lifelong learner"? People who continue to learn through all stages of life are embracing Intellectual Wellness.

Intellectual Wellness is also a big part of brain health. There are many ways to take care of our brain – eating right, minimizing our bad habits, exercising our body, and exercising our brain. Here's some great ways to start your journey of Intellectual Wellness:

- Learn something new – a foreign language, a musical instrument, a new game, a word a day – anything!
- READ! Read for fun, read to learn, read about topics that are new to you.
- Play games and make puzzles – jigsaw, crossword, and Sudoku are all good.
- Take up a new hobby – learn to cook, knit, or do an exercise like yoga.
- Travel – new experiences stimulate your mind. If you don't like to travel far from home, make a point to take a different route to the grocery store or when you come to the Center!
- Be Creative! Art, music, dance – all of these are great ways to challenge your brain! Did you know that dancing is one of the best overall activities there is? It's social, physical, intellectual and it involves music – that's a great combination.

Do you know the best part? Most of these activities are offered here! You may think you are coming for the German Club, Game Day, Wednesday Night Dance, or the Art Lab – but really you are working on your Intellectual Wellness. Isn't that awesome?!

As the weather gets colder and it gets dark earlier in the evening, it's easy to get in the mood to hibernate. I'm challenging you all to not let that happen and take charge of your Intellectual Wellness! You (and your brain!) will be glad you did.

I hope to see you all soon, and I wish you all a Merry Christmas.

Cathy



2019 Dine Out Books

Save money while eating at your favorite local restaurants!

- There are over 40 restaurants participating!
- Some old favorites plus some new!
- Perfect stocking stuffers!
- Don't forget your newspaper paper and mail carriers!

Newsletter Crew

Editor.....Cathy Loomans
Coordinator.....Lisa Cole
Mail Crew.....20+ awesome volunteers

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Cathy Loomans at cloomans@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 on Monday mornings at 9:35 for the Senior Center update.



Listen in for information about upcoming activities and events at the Senior Center each Monday when Cathy Loomans, Senior Center Director, joins Bob Hoffmaster on his Morning Show.

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*some restrictions apply

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RED HAT HONEYS

The FDL Senior Center Chapter
of the Red Hat Society

Christmas Party and Queen Crowning

Tuesday, December 11

11:30a.m. Social - 12:00p.m. Lunch

Holiday Inn, Fond du Lac

625 W Rolling Meadows Dr, FDL

Cost: \$20 Limit: No Limit

Registration Deadline: Friday, December 7th

Please join us for some holiday cheer, visiting and entertainment in typical Red Hat fashion.

Hostesses: Vivian Gorden, Donna Draves, Shirley Hanke, Barb Pflum, Mary Lee Pergande.

Please contact the event hostesses
if you have any questions.

SCRIP GIFT CARDS



In amounts from \$5
Cash or Check Only.
Other Cards may be
available, please ask!

Including: A&W, Ala Roma/Schmitt's, Annie's Fountain City Café, Backyard Grill, Buffalo Wild Wings, Culver's, Dairy Queen, Dunkin' Donuts, Faro's, Festival, Fleet Farm, Friar Tucks, Gilles, Kohl's, Kwik Trip, McDonald's, Menards, Noodles & Co., Panera Bread, Piggly Wiggly, Pizza Hut, Roundy's, Schreiner's, Shopko, Starbuck's, Subway, Taco Bell, Target, Walgreen's, Walmart, & and more!

Are you wondering what to get that "hard to buy" person for Christmas? Do you have a large purchase coming up?

We can special order script gift cards.

Call 322-3638 for more information!

BOOK CLUB CHRISTMAS BREAKFAST

Monday, December 17

9:30a.m.

Faro's

131 N Pioneer Rd, FDL



TOPS

CHAPTER #0566

(Take Off Pounds Sensibly)

Thursdays at 5:45p.m.



POOL LEAGUE

8 Ball - 2 man - Tuesdays at 8:30a.m.

9 Ball - 1 man - Wednesdays at 8:30a.m.

SUBS ALWAYS WELCOME!



Programs & Activities



5



Wii Bowling

Fridays at 1:00p.m.

Openings for substitute bowlers.

If you are interested in bowling or for more information, contact Sarah at 322-3641.



BINGO

Tuesdays at 1:00p.m.

EVERYONE WELCOME!

STAMP CLUB

3rd Wednesday

7:00p.m.

(except March, July and December)



COIN CLUB

2nd Tuesday

6:00p.m.



CALLING ALL CARD PLAYERS

Check out the monthly calendar for dates and times.

Come and try your hand at one of your favorite games!

- ♦ Bid Euchre
- ♦ Bridge
- ♦ Canasta
- ♦ Cribbage
- ♦ Euchre
- ♦ Hand and Foot
- ♦ Recreational Sheephead
- ♦ Sheephead
- ♦ Skat
- ♦ Poker

EVERYONE WELCOME!

QUILTING GROUPS

Flying Geese Quilting Club

1st Thursday of each month at 1:00p.m.

3rd Thursday of each month at 11:45a.m.

Call Jean at 920-921-7359 for info.

Sunset Stitchers Quilt Guild

2nd Thursday of each month at 7:00p.m.

Call Laura at 920-923-1693 for info.



MAH JONGG



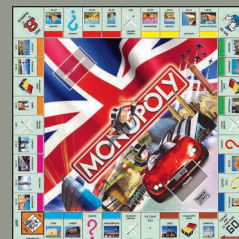
Tuesdays & Thursdays
12:00p.m.

New players
always welcome!

GAME DAY

Join us every Friday from
1:00p.m. - 3:30p.m.
for fun and games!

EVERYONE WELCOME!



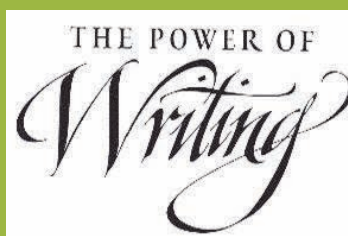
JAM SESSION

2nd and 4th Wednesdays at 10:00a.m.

Get out your instruments and come

"Jam Out" with us!

Any instrument welcome!



MEMORY WRITERS GROUP

Fridays at 1:00p.m.

Join us to write about
your life's stories.



Programs & Activities



SCRAPBOOKING

Thursdays at 10:00a.m.

Please note: Group does not meet the 4th Thursday of the month.



STITCHERY GROUP

Tuesdays at 1:00p.m.
Bring your project and join us!

SCAMP BAND

Wednesdays at 8:30a.m.

MUSICIANS WANTED!

The "Scamp" Band is looking for musicians to play in their band. If you're interested in playing or know someone who is, please contact the Senior Center at 322-3630.



BEGINNING COUNTRY LINE DANCING

Saturdays 9:00a.m. - 10:30a.m.
December 1, 8, 15

COUNTRY LINE DANCING

Thursdays 6:10p.m. - 7:30p.m.

December 6, 13, 20, 27

4 classes for only \$10.00

Punch cards available at the front desk.



WOODCARVING CLUB

Mondays at 9:00a.m.

New Members
Always Welcome!

ART

Unleashing Your Creativity
Tuesdays 12:30 - 3:30

TUESDAY, DECEMBER 4

Polar Bear and Penguin Canvas Painting
Paint the whimsical "Ah Winter" scene on a 12x16 canvas with instruction. Stencils to trace make this an easy project for all skill levels. \$30

TUESDAY, DECEMBER 11

Holiday Wine Glass Painting
2 glasses for \$20

TUESDAY, DECEMBER 18

Alcohol Ink on Tiles Painting
Paint on tiles \$20

Please register and pay at the front desk.
No experience necessary.
All levels welcome!

THRIVENT

1st Wednesday of the month
1:00p.m. - 2:30p.m.

Speaker: Jonathan Leonard Topic: U.S. Tax Reform
First presentation, Wednesday, December 5.

Sign up at the front desk or call 322-3630



TECH TYME

Thursdays
1:00p.m.-3:00p.m.

Thursday, December 13 will be the last session before Christmas Break. Watch the newsletter for 2019 dates.

Bring your tablet, smart phone, iPad or other electronic device and meet with MPTC IT Club members for one-on-one help with your device.

*Sessions are limited to 15 minutes per person if other people are waiting.



HIKING GROUP

This group meets
Tuesdays & Thursdays
10:00a.m.

*Please call Ruth at
921-7192 for more information.*



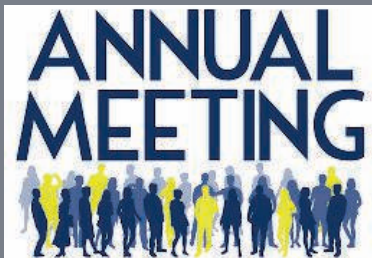
WINNEBAGO WOODWORKERS



2nd Tuesday, 6:00p.m. - 8:00p.m.
General meeting held at the FDL Senior Center.
Other Tuesdays at NFDL High School.

SAVE THE DATE

Friends of the Fond du Lac Senior Center



Thursday, January 24th at 3:00p.m.
EVERYONE WELCOME!

HANDCHIME CHOIR

Wednesday or Thursday at 9:00a.m.

Call Gail Zimmerman
(920) 924-0218
if interested.



MELODIES AND MEMORIES CHOIR



2nd Thursday of each month
3:30p.m. - 4:30p.m.
This is a FREE Program, just drop in!

All singers welcome, including those with the early stages of dementia, along with their care partners.

OFF FOR THE WINTER
Watch the Newsletter for 2019 dates!

OPEN ART LAB

Tuesdays
10:00a.m. - 12:00p.m.

Bring your project and
join the fun!



This is a free drop-in lab.
All Levels Welcome!

PARKINSON'S MOVEMENT & DANCE CLASS

Fond du Lac Senior Center
2019 Class Dates Out Soon

This **FREE** class will include chair and standing movements to music for group fitness and fun!



WISCONSIN
PARKINSON
ASSOCIATION

Learn more and sign up
at wiparkinson.org or 414-312-6990.



Monthly Movies



THURSDAY, DECEMBER 6 Leave No Trace

11:45a.m. Lunch (optional)
1:00p.m. Movie
PG · 2018 · Drama · 1h 59m

Starring: Ben Foster, Thomasin McKenzie

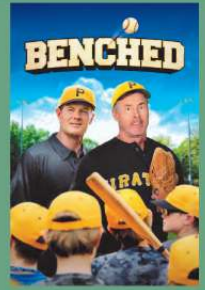


SUMMARY: A father and daughter live a perfect but mysterious existence in Forest Park, a beautiful nature reserve near Portland, Oregon, rarely making contact with the world. But when a small mistake tips them off to authorities, they are sent on an increasingly erratic journey in search of a place to call their own

WEDNESDAY, DECEMBER 19 Benched

11:45a.m. Lunch (optional)
1:00p.m. Movie
NR · 2018 · Drama/Sport · 1h 50m

Starring: Garret Dillahunt, John C. McGinley



SUMMARY: Veteran little league coach Don receives the inexperienced Michael as his new assistant coach. Throughout a season of errors, strikeouts and hurt feelings, Don and Michael must find a way to work together to bring their team to victory.

Mark your calendar for January movies:

Thursday, January 3: The Children Act

Wednesday, January 16: Dog Days

If you're interested in watching a movie, please call (920)322-3630 to register. If you're interested in joining us for lunch, please read about the Senior Dining Program on page 23 for more details!

Thanks to Moraine Park Technical College for sponsoring movies at our Center!

**McNAMARA
& THIEL**
Insurance Agency

*The former Benefit Specialist for Fond du Lac County, Julie served older adults for the past 15 years. She will provide the same experience and expertise in her new role as she did with Fond du Lac County. Julie will **specialize** in Medicare, Individual/Group Health Insurance, and Life Insurance.*



Contact us for more information or to schedule an appointment.

(920) 923-2626 • juliehilbert@mtins.net

Visit our website at: www.mtins.net | 879 Forest Avenue • Fond du Lac, WI 54935

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Tooth Removal



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Programs & Activities



9

PHOTOGRAPHY GROUP

OFF FOR THE WINTER. WATCH THE NEWSLETTER FOR SPRING SESSIONS!

No experience necessary.
All levels welcome.



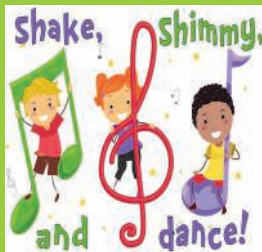
RED HAT UMBRELLA BRIGADE

Come see the Umbrella Brigade's upcoming performance:

Wednesday, December 26
2:00p.m.
Lincoln house



A fun activity has opened recently for all Red Hat Honeys, and you can be a part of it! The last Wednesday of each month, we practice for a half hour and then as we give out smiles through our "old time rain" songs, we receive love from residents of the 20 assisted living and nursing homes in our community. If you would like to make someone happy by giving your time one Wednesday afternoon a month - and laugh, and dance, and get better acquainted with a smaller group of Honeys: JOIN US! If you are interested or looking for more information, call the Senior Center at 322-3630.



DANCES

\$4.00 donation

Wednesdays

7:30p.m. - 9:30p.m.

Call Caroline at 920-929-9333
for more information.



RED HAT CHORUS

Fridays at 10:00a.m.

The Center is alive with the sound of music!
Come check them out!



S.A.L.T.

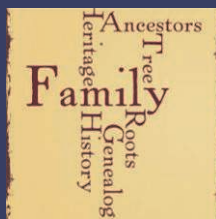
Seniors And Law Enforcement Together

Odd months January - September

WILL RETURN THURSDAY, JANUARY 24, 2019 at 1:00p.m.

GENEALOGY GROUP

2nd and 4th Wednesday
1:00p.m.



Mondays at 1:00p.m.

**Everyone
Welcome!**

LEARN

German



HOME SAFETY:

Keep all doors locked even while you are home. If you have patio doors, place a wooden dowel in the door track. This provides a safety feature and is easily removed in event of danger where situations require a speedy exit.

Never open your door without knowing who is on the other side. Remember, the minute you open your door, that person/persons have access not only to your home, but to you and your family as well.

Likewise, if someone comes to your door seeking assistance or wanting to use your phone, offer to make the phone call for them. Instruct them to wait in their vehicle or on your porch until help arrives.



STRONG BODIES

Monday / Wednesday
7:00a.m. - 8:00a.m.

(Senior Center)

Tuesday / Thursday
5:00p.m. - 6:00p.m.

(Senior Center)

Monday / Wednesday
9:00a.m. - 10:00a.m.

(UW FDL)

Tuesday / Thursday
9:00a.m. - 10:00a.m.

(UW FDL)

For more information call Sarah Docter
(920) 322-3641

LOW IMPACT VIDEO EXERCISE

Wednesdays
10:00a.m. - 10:30a.m.

This is a free drop-in program.
Everyone Welcome!



CARDIO DRUMMING

Tuesdays at 3:15p.m.

8 classes for only \$24!!

First Class is free!!!

Punch cards sold at the front desk.



CHAIR TAI CHI CONCEPTS

Fridays 9:00a.m. - 9:45a.m.

This is a free drop-in program.
Everyone Welcome!



A perfect program whether you want to practice
Tai Chi from a standing or sitting position.

LOW IMPACT HEAD TO TOE STRETCH WITH SARAH DOCTER

Mondays, 9:00a.m. - 9:30a.m.

This is a free drop-in program.
Everyone Welcome!



TAI CHI CLASS

Tuesdays 9:00a.m. - 10:00a.m.
8 classes for \$45

NEXT SESSION:

December 11, 2018 - February 11, 2019

No class December 25 or January 1

Please register and pay at the front desk.



YOGA

Thursdays

Beginning: 9:00a.m. - 10:00a.m.

Beginning/Intermediate: 10:30a.m. - 11:30 a.m.

Winter Session

Thursday, January 24 - Thursday, March 21

No class on Thursday, February 28



8 CLASSES
\$40.00



ZUMBA GOLD



Mondays, 5:30p.m. - 6:30p.m.

\$5 walk in or a 10 class punch card for \$40.00.

Available from Instructor Kirsten Quam



WALK THIS WAY INDOOR WALKING GROUP



Mondays & Wednesdays
4:00p.m. - 5:00p.m



Starting Monday, December 3, the walking group will meet in the activity room. "Walk Away the Pounds" videos by Leslie Sandson will be used to walk your way to a leaner, stronger you with this total body workout!

**EVERYONE WELCOME!
NO REGISTRATION REQUIRED
FREE ADMISSION, JUST DROP IN!**

TAI CHI IN THE PARK

Every Saturday & Sunday at 10:00a.m.

Starting in November, sessions will be held at the Senior Center in rooms 2 & 3.

**NO SESSIONS ON
December 1, 2, 8**

This is a free drop-in program.
All Levels Welcome!

SELF DEFENSE



Fridays
10:30a.m. - 11:30a.m.

No registration required
just drop in!

Free admission!

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by GranCare Nursing and Rehab
Friday, December 14 at 9:00a.m.

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes
Friday, December 14 at 9:00a.m.

No appointment needed. *12-hour fast required.*
Donations accepted.

FREE PAIN SCREENINGS



Sponsored by ATI Physical Therapy
Friday, December 14 at 9:00a.m.

Please register at the front desk or call 322-3630.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

- FREE hearing screenings
- FREE hearing aid cleaning.

Watch newsletter for 2019 dates.

Please register at the front desk or call 322-3630.

BALANCE & BODY MOVEMENT

Fridays 10:00a.m. - 10:30a.m.

Join us for this ongoing weekly program which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

**NO REGISTRATION REQUIRED
FREE ADMISSION, JUST DROP IN!**





SENIOR OUTREACH PROGRAM

Become an Outreach Volunteer!

The gift of your time can make a giant impact in the life of a lonely or isolated senior. There are many ways to make a difference including:



For more information call
Sarah Docter
(920) 322-3641

- ♦ Community Cares
- ♦ Friendly Visits
- ♦ Group Community Cares Enrichment Activities
- ♦ Caring Companions
- ♦ Caring Companion Community Partnerships
- ♦ Veterans to Veterans



OUTREACH ANNUAL HOLIDAY BREAKFAST

Thursday, December 13 at 9:00a.m.

Rolling Meadows Restaurant
947 S Rolling Meadows Dr., FDL

Must be an Outreach Volunteer to attend.
Sign up at the front desk or call 322-3630

**THE SENIOR OUTREACH PROGRAM
IS FUNDED IN PART BY THE
FOND DU LAC AREA UNITED WAY**

**United
Way**



Outreach Schedule:

COMMUNITY CARES

Community Cares Visits

Group A: 2nd Tuesday of every month at 2:00p.m.

Group B: 4th Tuesday of every month at 2:00p.m.

Locations to be announced.
Call Sarah for more details.

Each month volunteers go to different local nursing homes or assisted living facilities to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer.

Sharing an hour of your time can have a big impact!

GROUP COMMUNITY CARES ENRICHMENT ACTIVITY

3rd Wednesday of every month at 1:30p.m.

For information, call Sarah Docter
(920) 322-3641



Club Feature of the Month



13



LOW IMPACT HEAD TO TOE STRETCH

WITH SARAH DOCTER

Mondays, 9:00a.m. - 9:30a.m.

This is a free drop-in program.
Everyone Welcome!



BELTONE HEARING AID SERVICE

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Beltone

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of the Season

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Locally

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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

C 4C 01-1122



Monday	Tuesday	Wednesday	Thursday	Friday
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LET'S DO LUNCH!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday - Friday at 11:45a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 12:00p.m.

Menus are available at the front desk
or our website: fdlseniorcenter.com

Senior Dining



Fellowship, Food & Fun

**** All Orange
Events are
held Offsite**

BILLIARD ROOM

Open daily for open
pool except during
league playing time.

1 Saturday

8:00 Art Show

9:00 Beg. Country Line Dance

2 Sunday

3	7:00 StrongBodies	4 8:30 Pool League 8 Ball	5	7:00 StrongBodies	6	9:00 Hand Chimes	7	9:00 Chair Tai Chi Concepts
	9:00 Low Impact Head to Toe	9:00 StrongBodies		8:30 Pool League 9 Ball		9:00 StrongBodies		9:00 Friends Board Meeting
	Stretch	10:00 Tai Chi		8:30 SCAMP		10:00 Hiking/Walking		9:00 Red Hat Chorus
	StrongBodies	10:00 Hiking/Walking Club		9:00 Handchime Choir		10:00 Scrapbooking		10:00 Balance and Body Movement
	9:00 Woodcarving Club	10:30 AARP Board Meeting		9:00 StrongBodies		12:00 Beginning Bridge		10:30 Self Defense Class
	12:30 Euchre	12:00 Mahjongg		10:00 Jam Session Practice		12:00 Mahjongg		1:00 Game Day
	1:00 Poker	12:30 Art - Polar Bear & Penguin Canvas		10:00 Low Impact Video Exercise		12:00 ROMEOS - Eden Grill, FDL		1:00 Memory Writers
	1:15 Sheephead	Painting		12:00 Hand & Foot		12:30 Bridge		1:00 Wii Bowling
	1:00 German Club	12:30 Bridge		12:00 Canasta		12:30 Skat		1:15 Sheephead
	4:00 Walking Group	12:30 Skat		12:45 Recreational Sheephead		1:00 Flying Geese Quilting Club		8 Saturday
	5:30 Fond du Lac Artist Assoc	1:00 Bingo-Sponsor: FDL Lutheran Home		1:00 Thrivent - US Tax Reform		1:00 Movie - Leave No Trace		9:00 Beg. Country Line Dance
	5:30 Zumba Gold	1:00 Cribbage		1:15 Sheephead		1:00 Tech Tyme		9 Sunday
		1:00 Stitchery Group		4:00 Walking Group		5:00 StrongBodies		10:00 Tai Chi in the Park
		3:15 Cardio Drumming		7:30 Wed Night Dance		5:45 TOPS #0566		
		5:00 Senior Dining - Fat Joe's				6:00 Local Parents of Angels		
		Cocktails at 5pm - Dinner at 6pm				6:10 Country Line Dancing		
		StrongBodies				7:00 Sunset Stitchers		
		6:00 Winnebago Woodworkers At NFDL HS				HT - Going to Elf - The Musical		

10	7:00 StrongBodies	11	8:30 Pool League 8 Ball	12	7:00 StrongBodies	13	9:00 Handchime Choir	14	9:00 Chair Tai Chi Concepts
	9:00 Low Impact Head to Toe		8:30 Prostate Support Group -		7:00 Pool League 9 Ball		9:00 Outreach Holiday Breakfast		9:00 Health Screenings
	Stretch		Rolling Meadows Family Restaurant		8:30 SCAMP		9:00 Rolling Meadows Restaurant		9:00 Red Hat Chorus
	StrongBodies		StrongBodies		9:00 Handchime Choir		9:00 StrongBodies		10:00 Balance and Body Movement
	9:00 Tai Chi		9:00 Art Lab						

<p>9:00 Woodcarving Club</p> <p>10:00 Parkinson's Support Group - Aurora Health Care</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>4:00 Walking Group</p> <p>4:30 Senior Center Christmas</p> <p>5:30 Zumba Gold</p>	<p>10:00 Art Lab</p> <p>10:00 Hiking/Walking Club</p> <p>12:00 Mahjongg</p> <p>12:30 Art - Holiday Wine Glass Painting</p> <p>12:30 Bridge</p> <p>12:30 Skat</p> <p>1:00 Bingo Sponsor: Harbor Haven</p> <p>1:00 Cribbage</p> <p>1:00 Stitchery Group</p> <p>2:00 Community Cares (Group A)</p> <p>3:15 Cardio Drumming</p> <p>5:00 Senior Dining - Gino's</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 StrongBodies</p> <p>6:00 Coin Club</p> <p>6:00 Winnebago Woodworkers Christmas Party</p>	<p>9:00 StrongBodies</p> <p>10:00 Jam Session</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand & Foot</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:15 Sheephead</p> <p>4:00 Walking Group</p> <p>6:00 Getting Ahead Panel Presentation</p> <p>7:30 Wed Night Dance</p>	<p>10:00 Beginning Bridge</p> <p>10:00 Hiking/Walking Club</p> <p>10:00 Scrapbooking</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>12:30 Skat</p> <p>1:00 Cribbage</p> <p>1:00 Tech Tyme</p> <p>1:30 HT Southern Charm Trip Preview</p> <p>5:00 StrongBodies</p> <p>5:45 TOPS #0566</p> <p>6:10 Country Line Dancing</p> <p>7:00 Sunset Stitchers</p>	<p>10:30 Self Defense Class</p> <p>1:00 Companions in Grief</p> <p>1:00 Memory Writers</p> <p>1:00 Wii Bowling</p> <p>1:15 Sheephead</p> <p>1:00 Game Day</p> <p>4:30 Super Club - Sombreno's</p> <p>Social at 4:30pm - Dinner at 5:30pm</p> <p>15 Saturday</p> <p>9:00 Beg. Country Line Dance</p> <p>10:00 Tai Chi in the Park</p> <p>16 Sunday</p> <p>10:00 Tai Chi in the Park</p>
<p>17</p> <p>7:00 StrongBodies</p> <p>8:30 Newsletter Assembly</p> <p>9:00 StrongBodies</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>4:00 Walking Group</p> <p>5:30 Zumba Gold</p>	<p>18</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>9:00 StrongBodies</p> <p>10:00 Art Lab</p> <p>10:00 Hiking/Walking Club</p> <p>12:00 Mahjongg</p> <p>12:30 Art - Alcohol Ink Painting on Tiles</p> <p>12:30 Bridge</p> <p>1:00 Skat</p> <p>1:00 Bingo Sponsor: The Meadows</p> <p>1:00 Cribbage</p> <p>1:00 Stitchery Group</p> <p>3:00 Diabetic Support Group - Aurora Health Care</p> <p>3:15 Cardio Drumming</p> <p>5:00 Senior Dining - Colestium</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 StrongBodies</p> <p>6:00 Winnebago Woodworkers @ NFDL HS</p>	<p>19</p> <p>7:00 StrongBodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Handchime Choir</p> <p>9:00 StrongBodies</p> <p>10:00 Jam Session Practice</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Movie - Bench</p> <p>1:15 Sheephead</p> <p>1:30 Community Cares</p> <p>Enrichment Activity</p> <p>4:00 Walking Group</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>20</p> <p>9:00 Hand Chimes</p> <p>10:00 Hiking/Walking Club</p> <p>10:00 Scrapbooking</p> <p>9:00 StrongBodies</p> <p>10:00 Beginning Bridge</p> <p>11:45 Flying Geese Quilting Club</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>12:30 Skat</p> <p>1:00 Cribbage</p> <p>5:00 StrongBodies</p> <p>5:45 TOPS #0566</p> <p>6:00 Local Parents of Angels</p> <p>6:10 Country Line Dancing</p>	<p>21</p> <p>9:00 Chair Tai Chi Concepts</p> <p>9:00 Red Hat Chorus</p> <p>10:00 Balance and Body Movement</p> <p>10:30 Self Defense Class</p> <p>1:00 Memory Writers</p> <p>1:00 Wii Bowling</p> <p>1:15 Sheephead</p> <p>1:00 Game Day</p> <p>22 Saturday</p> <p>10:00 Tai Chi in the Park</p> <p>1:00 Fondy Rocks - Holiday Rock Hunt</p> <p>23 Sunday</p> <p>10:00 Tai Chi in the Park</p>
<p>24 / 31</p>	<p>25</p>	<p>26</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chime Choir</p> <p>10:00 Jam Session</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand & Foot</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:15 Sheephead</p> <p>2:00 Umbrella Brigade - Lincoln House</p> <p>4:00 Walking Group</p> <p>7:30 Wed Night Dance</p>	<p>27</p> <p>9:00 Handchime Choir</p> <p>10:00 Beginning Bridge</p> <p>10:00 Bid Euchre</p> <p>10:00 Hiking/Walking Club</p> <p>10:00 Scrapbooking</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>12:30 Skat</p> <p>1:00 Cribbage</p> <p>1:00 Memory Café</p> <p>5:45 TOPS #0566</p> <p>6:10 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>28</p> <p>9:00 Chair Tai Chi Concepts</p> <p>9:00 Red Hat Chorus</p> <p>10:00 Balance and Body Movement</p> <p>10:30 Self Defense Class</p> <p>1:00 Memory Writers</p> <p>1:00 Wii Bowling</p> <p>1:15 Sheephead</p> <p>1:00 Game Day</p> <p>29 Saturday</p> <p>10:00 Tai Chi in the Park</p> <p>30 Sunday</p> <p>10:00 Tai Chi in the Park</p>

HOLIDAY HOURS

WE WILL BE CLOSED

Christmas Eve Day,

Christmas Day,

New Years Eve Day,

News Years Day

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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

D 4C 01-1122



PLEASE JOIN US



17

FRIENDS ANNUAL CHRISTMAS PARTY

**Knights of Columbus
Monday, December 10
4:30p.m. - 8:00p.m.**

4:30 Social

5:00 Banquet Hall Doors open

5:30 Dinner

6:15 WLA Choir

6:45 Door Prizes

7:00 Social/ Dance Music Provided by The Rascals

Menu includes choice of:

Baked Ham w/Pineapple Glaze Dressing OR Breast of Turkey

Dressing ♦ Whipped potatoes ♦ Gravy

♦ Seasonal Vegetables ♦ Ice cream

\$15.00 Per Person

FRIENDS OF THE FOND DU LAC SENIOR CENTER CHRISTMAS PARTY

Registration Deadline: Monday, December 3rd

Name _____ ☐ Baked Ham ☐ Breast of Turkey

Name: _____ ☐ Baked Ham ☐ Breast of Turkey

Telephone: _____ Check #: _____ Cash: _____ TOTAL PAID: _____

Please make checks payable to: Friends, Inc. Cut this reservation form at the dotted line and drop off at the Senior Center or mail in with payment. Space is limited so sign up early.

Office Use Only:

Date Paid _____ Receptionist Initials _____ ☐ Paid in Person ☐ Registered by Mail



HAPPY TRAVELERS

BE A HAPPY TRAVELER... WE'RE GOING PLACES!

TRIP TIP OF THE MONTH

DON'T BRING ANYTHING YOU CAN'T AFFORD TO LOSE.

- You may want to leave your best jewelry or fanciest electronics at home.
- It is no fun to discover that you've forgotten something in a hotel when the bus is 99 miles down the road.

HAPPY TRAVELERS' OFFICE

(920) 322-3635



happytravelers@fdl.wi.gov

Monday - Thursday, 9:00a.m. - 3:00p.m.

www.facebook.com/FondyHappyTravelers

2019 EXTENDED TRIPS

* Collette Tour

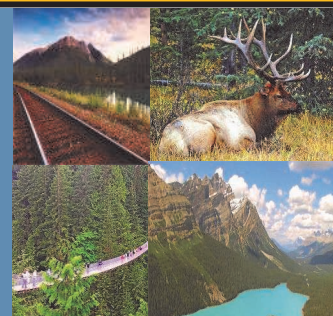
32 SEATS AVAILABLE (A)

Canadian Rockies

July 7-14, 2019*

Double \$6,299 Single \$7,699

- Travel by train and journey alongside Kicking Horse River while enjoying the beautiful scenery.
- Take a scenic drive through Banff featuring the powerful Bow Falls and Hoodoos.
- Take in picture-perfect snowcapped mountains as you explore the Icefields Parkway.



SIGN UP NOW

ORLANDO & COCOA BEACH, FL

(A) **9 DAYS 8 NIGHTS**
(Saturday - Sunday)
March 9 - 17, 2019
\$899 DBL

You will visit the beautiful Space coast of Florida, Cocoa Beach Pier, Gatorland and Florida's Natural Grove House. You'll continue on to Bok Tower Gardens, and the Holy Land Experience.

50 SEATS AVAILABLE

NASHVILLE SHOW TRIP

(A) **7 DAY 6 NIGHTS**
(Sunday - Saturday)
November 3 - 9, 2019
\$799 DBL

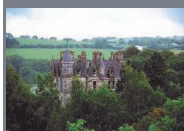
Your tour includes a behind the scenes visit to the world famous Grand Ole Opry, Nashville Nightlife Dinner Theater, the beautiful Belle Meade Plantation and the Country Music Hall of Fame.

22 SEATS AVAILABLE

- April 7 - 12 **MYSTERY TRIP** (A) 6 Days, 5 Nights \$559 DBL **12 SEATS AVAILABLE**
- September 12 - 18 **WASHINGTON, DC** (A) 7 Days 6 Nights \$759 DBL **6 SEATS AVAILABLE**
- June 5 - 7 **DOOR COUNTY** (A) 3 Days 2 Nights \$TBA **WATCH THE NEWSLETTER FOR DETAILS**

Shades of Ireland

(A) Featuring Northern Ireland
13 Day Trip, April 29 - May 11 2019*
\$4,199 Dbl
18 SEATS AVAILABLE



TOUR HIGHLIGHTS

Experience the Ring of Kerry, one of the world's great coastal roads.

Travel through mountain passes to gaze upon the spectacular "Ladies View."

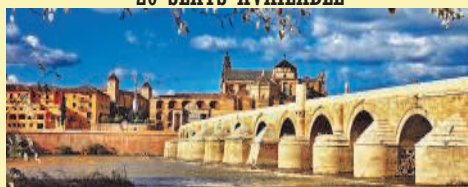


Experience daily life of an Irish family during a visit to a dairy farm.

PLUS MUCH MORE

SPAIN'S CLASSICS & PORTUGAL

14 Day Trip, October 16 - 29, 2019*
(A) **\$5,099 DBL \$6,299 SGL**
Until April 17, 2019 or seat availability.
20 SEATS AVAILABLE



- Step back in time in Toledo, the former capital of the Spanish Empire.
- Join a local expert for a tour of the world-famous Alhambra palace.
- Get to know Seville's quaint old Santa Cruz Quarter.
- Savor a "paella experience" including a paella making demonstration and lunch.
- Dine on traditional Portuguese cuisine and enjoy Fado music.

SOUTHERN CHARM HOLIDAY

6 Day Trip, December 1 - 6, 2019*
(A) **\$2,679 DBL \$3,279 SGL**
Until June 1, 2019 or seat availability.



- Explore the 19th-century Andrew Low House and gardens.
- Drive through enchanting James Island County Park.
- Get to know Charleston's cobblestoned streets, historic homes and restored buildings.
- Enjoy a holiday-themed trolley tour of Savannah's sprawling Historic District.
- Experience a guided tour of Jekyll Island Club and savor a festive holiday dinner.



TRIP PREVIEW: Thursday, December 13, 2018 at 1:30

Register at the Senior Center by calling 322-3630

HAPPY TRAVELERS

BE A HAPPY TRAVELER... WE'RE GOING PLACES!



19

ACTIVITY LEVEL

- E** = **Easy:** Easy programs involving minimal walking and not too many stairs
- M** = **Moderate:** Expect to walk up to a mile a day or to stand for an extended period of time
- A** = **Active:** You will likely walk as much as two miles a day and potentially climb stairs

LUNCH OR DINNER

Dutch Treat = DT Included = IN



= Happy Travelers
Exclusive Trip

2019 DAY TRIPS

For additional details on Day Trips, stop in at the Happy Travelers Office to pick up a flyer.

- Thursday, January 10 **"Legends of Country"** Fireside Theatre \$110 IN 19 seats Avail. **E**
- Sunday, January 27 **"The Highwaymen LIVE"** Schauer Arts Center - The Mineshaft \$89 IN 22 seats Avail. **E**
- Thursday, February 7 **"Disney's The Lion King"** Fox Cities PAC - Good Company \$145 IN 4 seats Avail. **E**
- Wednesday, April 3 **"Come From Away"** Fox Cities PAC - Victoria's \$120 IN 44 seats Avail. **E**
- Wednesday, April 24 **"Menopause The Musical"** Fireside Theatre \$110 IN 20 seats Avail. **E**
- Saturday, May 18 **Milwaukee Tour - LaVerne & Shirley Style** \$123 Milwaukee IN 47 seats Avail. **M**
- Friday, May 31 **Moon River & Me** \$104 Schauer Center *MJ Stevens* IN **E** 50 seats Avail.
- Wednesday, June 12 **Day Mystery Trip** \$112 IN **M** 36 seats Avail.
- Thursday, June 20 **That's What I Call Rock'n Roll** \$110 Fireside IN **E** 49 seats Avail.
- Wednesday, June 26 **Wandering Tree Estate** \$99 Lake Zurich, IL *Chessies* IN **A** 49 seats Avail.
- Thursday, July 25 **Arlington Horse Races** \$65 **M**
- Tuesday, July 30 **Christopher Farm and Gardens** \$69 Sheboygan *Black Pig* IN **M**
- Wednesday, August 7 **Mamma Mia** \$89 Wisconsin Dells *The Palace Theater* IN **E**
- Tuesday, August 13 **Wedding Bells** \$89 Memories & Kelley Country Creamery IN **E**
- Wednesday, August 21 **Rocks & Wine** \$88 House on the Rocks & Wollersheim Winery **A**
- Wednesday, August 28 **Oneida & Schwarz's** \$60 IN **E**
- Thursday, September 5 **Dogs, Goats, Apples and Greens** \$87 **E** Siberian Outpost, LaClare Farm, Little Farmer, Park Ridge
- Thursday, September 19 **Buddy** \$110 Fireside IN **E**
- Wednesday, November 20 **Christmas Story** \$110 Fireside IN **E**

REMINDERS

- A \$50 non-refundable deposit is required for all day trips.
- Friends of the Fond du Lac Senior Center annual membership is required to travel with the Happy Travelers.
Membership fees are \$10 for a single and \$15 for a married couple.
- Sign up for trips as soon as possible to prevent cancellation. Most of our vendors require deposits months before actual date of trip.
- Payments for day trips and extended bus trips can be paid by cash or check, payable to Happy Travelers.
- Collette trips can be paid by credit card or check, payable to Collette.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves time.



Announcements



Christmas & New Year's Hours

THE SENIOR CENTER WILL BE CLOSED:

Christmas Eve Day, Christmas Day,
New Years Eve Day and New Years Day.

911 Emergency Phones

The Senior Center has free emergency 911 cell phones for people that need them. These phones will ONLY dial 911 and can be used to get help in an emergency.

If you need a phone for emergency use only, please stop and pick one up at the Senior Center.



FONDY ROCKS

Holiday Rock Hunt

Saturday, December 22, 1:00p.m. - 5:00p.m.

Have you heard about the growing trend of "Rock Hunting"? Come enjoy this **FREE** community event at the Senior Center where holiday painted rocks will be hidden around the Center waiting to be hunted!

JUST DROP IN - EVERYONE WELCOME!



VOLUNTEER RECEPTIONIST NEEDED

For more information, stop by the Senior Center or call Lisa at 322-3640

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- Numerous Gatherings Activities on Camp

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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

E 4C 01-1122

Brown Paper Packages Gift Shop

Offering Your Favorite Things!

When you shop at the Brown Paper Packages Gift Shop, you help support the programs and activities at the Fond du Lac Senior Center!

December CONSIGNOR OF THE MONTH!

This month's featured consignor is Mary Brockman

Knitting and crocheting are her addictions. She not only uses pre-made patterns but also creates many original patterns. If you don't see something you are looking for in the Gift Shop, just ask; Mary will probably be willing and able to make it for you.

SHE LOVES CHALLENGES!

After teaching 30+ years, most of them in Fond du Lac, Mary now resides in Oshkosh. When she is not crafting you will either find her cruising or doing things with family. She has 3 children, 9 grandchildren and a new great grandson.

Mary is also a Hospice Volunteer and is involved in her church.

Thank you Mary for being part of our family!



Join Us For Our 3rd ANNIVERSARY **OPEN HOUSE**

Saturday, December 1

10:00a.m. - 4:00p.m.

While you are here, enjoy some cupcakes and don't forget to register for door prizes!

Bring your children and grandchildren to meet one of Santa's Elves. He will be collecting letters for Santa from 12:00p.m. - 2:00p.m.



151 E. 1st Street, Fond du Lac

We are located inside the Fond du Lac Senior Center and open to the public!

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Closed Saturday and Sunday



<https://www.facebook.com/BrownPaperPackagesGiftShopFondduLac>



MEMORY CAFE

Fond du Lac Public Library, Lower level
1:00p.m. - 2:30p.m.

Our Memory Café is a safe, supportive gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementia and their care companions.

THURSDAY, DECEMBER 27

SNOWMAN CRAFT DAY

Plenty of fun to be had while creating snowmen from socks. *All supplies provided.*

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4th Thursday at 6:30p.m.

Fond du Lac Senior Center, 151 E. 1st. Street

DIABETIC SUPPORT GROUP

3rd Tuesday at 3:00p.m.

Aurora Health Care Center

210 Wisconsin American Drive ~ American Room

LOCAL PARENTS OF ANGELS

1st & 3rd Thursday 6:00p.m. - 8:00p.m.

Fond du Lac Senior Center, 151 E. 1st Street

The Local Parents of Angels is a support group for parents who have lost a child - it can be a recent or a long-term loss.

Everyone is welcome!

PARKINSON'S SUPPORT GROUP

2nd Monday at 10:00a.m.

Aurora Health Care Center

210 Wisconsin American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

2nd Tuesday at 8:30a.m.

Rolling Meadows Family Restaurant

947 S. Rolling Meadows Drive

COMPANIONS IN GRIEF

Sponsored by Kurki-Mach Funeral Chapel
2nd and 4th Fridays of the month
1:00p.m. - 3:00p.m.

Karen Kraus, an Outreach Chaplain from Kurki-Mach Funeral Chapel, will facilitate a grief support group, Companions' in Grief, at the Fond du Lac Senior Center. This is a safe group for anyone who is grieving to come and share their feelings associated with grief.

Everyone is welcome!



AARP Holiday Party

Wednesday, January 16

Social: 11:30a.m. - Lunch: 12:00p.m.

North Fond du Lac Community Center

280 Garfield St, North Fond Du Lac

Watch the January newsletter for more details!

FDL SCHOOL DISTRICT 2018-2019

COMPLIMENTARY TICKETS



The Senior Center has 10 complimentary tickets to FDL School District events for the 2018-2019 school year. *They must be checked out by the user and returned to the Senior within 2 days of the event.*

These tickets can be used by Seniors for FREE admission to:



- All regular season sporting events - one senior and their guest get in free.
- Music department musicals and plays - each senior must take a complimentary ticket to the box office. One Senior ticket is free, Guest must purchase one.



2018 FOND DU LAC COUNTY SENIOR DINING

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday through Friday at 11:45a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Please register for lunch by calling 929-3937 at least one day in advance before 1:00p.m. Complete menus are available at the front desk or our website: fdlseniorcenter.com under the "Services" tab.

- Monday, December 3: Mush Pork Cutlet
- Tuesday, December 4: Beef Stroganoff
- Wednesday, December 5: Chicken Cacciatore
- Thursday, December 6: Country Fried Steak
- Friday, December 7: BBQ Meatballs
- Monday, December 10: Roast Beef
- Tuesday, December 11: Lasagna Casserole
- Wednesday, December 12: Pork Jaegerschnitzel
- Thursday, December 13: Smoked Sausage
- Friday, December 14: Sweet & Sour Pork over Rice
- Monday, December 17: Baked Chicken
- Tuesday, December 18: Cranberry/Kraut Meatballs
- Wednesday, December 19: Swiss Steak
- Thursday, December 20: Glazed Ham
- Friday, December 21: Salmon Loaf
- Monday, December 24: CLOSED
- Tuesday, December 25: CLOSED
- Wednesday, December 26: Roast Turkey
- Thursday, December 27: Escalloped Potatoes
- Friday, December 28: Meatloaf
- Monday, December 31: CLOSED

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for noon lunch. You don't have to be retired (or old) to join in on the camaraderie & fun!

EDEN GRILL

N7591 Taycheedah Way, FDL
Thursday, December 6 at 12:00p.m.



Call our Center at (920) 322-3630 to register!
The ROMEOS are looking for help picking restaurants for their monthly meetings. Call Sarah at (920) 322-3641 if interested!

SUPPER CLUB

If you like to laugh and enjoy dining with friends, old and new, join the Supper Club each month! You MUST call our Center at (920) 322-3630 to make your reservation so we can let the restaurant know how many people to expect.



SOMBRERO'S

445 N Pioneer Rd, FDL
Friday, December 14
Social at 4:30p.m Dinner at 5:30p.m.

Serving the original Colony Friday Fish Fry

TUESDAY NIGHT DINING GROUP

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on Tuesday nights. The group meets weekly for dining, with cocktails beginning at 5:00p.m. and dinner at 6:00p.m.

December 4 Fat Joes, 15 W Division St, FDL

December 11 Gino's, 584 W Johnson St, FDL

December 18 Coliseum, 91 S Main St, FDL

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!
For more information, Call Max at (920)269-4180



Activities Index



Call 322-3630 for more information about any of these activities. *NEW MEMBERS ARE ALWAYS WELCOME!*

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

GROUPS

BOOK CLUB

3rd Monday at 9:30 a.m.

COIN CLUB

2nd Tuesday at 6:00p.m.

DANCES

\$4.00 donation

Wednesday 7:30p.m. – 9:30p.m.

Call Caroline at 929-9333 for info.

GAME DAY

Fridays at 1:00p.m. - 3:30p.m.

GENEALOGY

2nd and 4th Wednesday at 1:00p.m.

GERMAN CLUB

Mondays at 1:00p.m.

HANDCHIME CHOIR

Wednesdays/Thursdays at 9:00a.m.

JAM SESSION

2nd & 4th Wednesdays at 10:00a.m.

Practice

1st & 3rd Wednesdays at 10:00a.m.

MELODIES & MEMORIES CHOIR

2nd Thursday at 3:30p.m.

PHOTOGRAPHY

3rd Wednesday at 2:00p.m.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1:00p.m.

3rd Thursday at 11:45p.m.

Call Jean at 921-7359 for info.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for info.

GROUPS

RED HAT HONEYS

Activities include Chorus, Good Deed Gals, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the Front Desk!

RED HAT HONEYS CHOIR

Fridays at 10:00a.m.

SCAMP (Senior Center Band)

Wednesdays at 8:30a.m.

SCRAPBOOK CLUB

Thursdays at 10:00a.m.

Group does not meet 4th Thursday of the month.

STITCHERY

Tuesdays at 1:00p.m.

STAMP CLUB

3rd Wednesday at 7:00p.m.

(except March, July and December)

TECH TYME

Thursdays at 1:00p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 5:45p.m.

WINNEBAGO

WOODWORKERS

2nd Tuesday

6:00p.m. - 8:00 p.m.

General meeting held at the FDL Senior Center.

Other Tuesdays

6:00p.m.-8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.
Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00a.m.

WRITERS GROUP

Fridays at 1:00p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

HEALTH & FITNESS

BALANCE & BODY MOVEMENT

Fridays at 10:00a.m.

BIKE RIDE

Call for details!

CHAIR TAI CHI CONCEPTS

Fridays 9:00a.m.

HIKING/WALKING CLUB

Tuesdays and Thursdays at 10:00a.m.

9:30a.m. from May - August.

LOW IMPACT CHAIR EXERCISE

Mondays at 9:00a.m.

SELF DEFENSE

Fridays at 10:30a.m.

STRONG BODIES

At the Senior Center

Monday and Wednesday 7:00a.m.

Tuesday and Thursday 5:00p.m.

At UWFDL

Monday and Wednesday 9:00a.m.

Tuesday and Thursday 9:00a.m.

TAI CHI

Tuesdays at 9:00a.m.

TAI CHI IN THE PARK

Saturdays & Sundays at 10:00a.m.

VIDEO CHAIR EXERCISE

Wednesdays at 10:00a.m.

“WALK THIS WAY”

Indoor Walking Group

Mondays & Wednesdays at 4:00P.M.

YOGA

Thursdays

Beginning

9:00a.m. - 10:00a.m.

Beginning/Intermediate

10:30a.m. - 11:30a.m.

Classes fill fast, stop in to check availability.

ZUMBA GOLD

Mondays at 5:30p.m.



Activities Index



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Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

SPECIAL EVENTS

MOVIES

1ST Thursday and 3rd Wednesday at 1:00p.m. (dates could vary)

TRIAD/SALT

(Seniors and Law Enforcements Together)
4TH Thursday at 1:00 p.m.
Odd months January–September.

ROMEOS

(Retired Old Men Eating Out)
1st Thursday at Noon – Restaurant Varies.

SUPPER CLUB

Dates vary, please check the “Dining” section in the Newsletter for more details – Restaurant Varies.

RECREATION

CARD GAMES

BRIDGE

Tuesdays: 12:30 p.m.

Thursdays: 10:00 a.m. Beginners

Thursdays: 12:30 p.m.

For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays at 12:00 p.m.

CRIBBAGE

Tuesdays & Thursdays at 1:00 p.m.

BID EUCHRE

4th Thursday of the month at 10:00a.m.

REGULAR EUCHRE

Mondays at 12:30 p.m.

RECREATION

HAND & FOOT (Card Game)

Wednesdays 12:00 p.m.

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

Mondays at 1:15 p.m.

Jack of Diamonds \$1.50

Wednesdays & Fridays at 1:15 p.m.

Black Queens \$1.50.

RECREATIONAL

SHEEPSHEAD

Wednesdays at 12:45p.m. - 3:00 p.m.

SKAT

Tuesdays & Thursdays at 12:30p.m.

OTHER ACTIVITIES

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: Fond du Lac Lutheran Home

2nd Tuesday (odd months): Manor Care

2nd Tuesday (even months): Harbor Haven

3rd Tuesday (odd months): Almost Family

3rd Tuesday (even months): The Meadows

4th Tuesday (odd months): Grancare Rehab

4th Tuesday (even months): Lincoln House

5th Tuesday: Visiting Angels

MAHJONGG

Tuesdays at 12:00 p.m.

Thursdays at 12:00 p.m.

POOL

Open Pool daily.

POOL LEAGUES

8 Ball Tuesdays 8:30 a.m.

9 Ball Wednesdays 8:30 a.m.

Wii BOWLING

Open Bowling by request—call to reserve day.

Fridays at 1:00 p.m. - 3:00 p.m.

League Play (September–April)

Subs also needed for league play.

ART & DANCE

ART LAB

Tuesdays at 10:00a.m.

ART

UNLEASHING YOUR CREATIVITY

Tuesdays at 12:30PM

Dates and classes vary, please check the “Unleashing Your Creativity” section in the Newsletter for more details.

BEGINNING COUNTRY LINE DANCING

Saturdays at 9:00 a.m.

COUNTRY LINE DANCING

Thursdays at 6:10 p.m.

MEETINGS

AARP MEETING

3RD Thursday at 1:00 p.m.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4TH Thursday at 6:30 p.m. Except November when they meet the 5th Thursday.

PARKINSON'S SUPPORT GROUP

2ND Monday at 10:00 a.m.

Meets at Aurora Health Care Center.

PROSTATE CANCER SUPPORT GROUP

2ND Tuesday at 8:30 a.m.

Meets at the Rolling Meadows Family Restaurant.

DIABETIC SUPPORT GROUP

3RD Tuesday at 3:00 p.m.

Meets at Aurora Health Care Center.



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on the Ledge*

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Fond du Lac, WI 54937

921-4381 or 921-0580

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pvandoren@4LPi.com or (800) 950-9952 x2631

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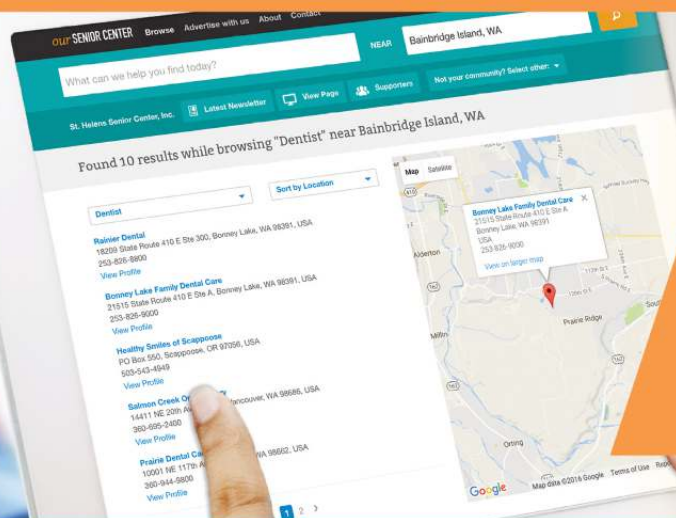
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

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2019 Friends Membership Application

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To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2019 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, WI 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

**THANK YOU FOR SUPPORTING THE FRIENDS!
RENEW YOUR MEMBERSHIP NOW**

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2019 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2019 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. In recognition of your support, you will receive two 2019 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2019 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

December 2018 Newsletter

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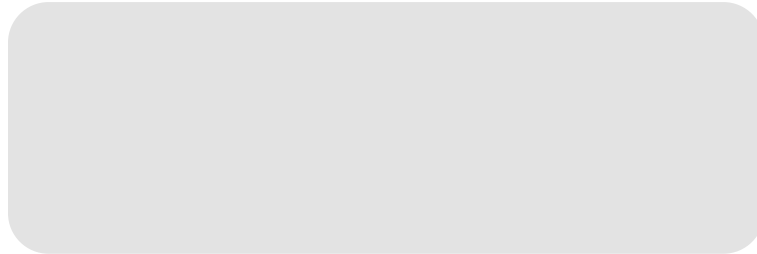
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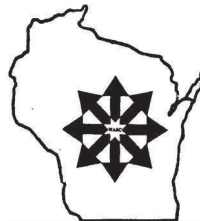
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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.